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News

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10:37 AM Feb 16 2012

Today's transportation roundup

The opening of the first segment of the Intercounty Connector, Maryland's new toll road, is less than a week away. Katherine Shaver and Dr. Gridlock toured the highway yesterday. Katherine reports on the nonstop work going on to make sure what will be known as Maryland Route 200 is ready. Dr. Gridlock shares his thoughts on why we shouldn't judge the road too quickly.

Metro's big weekend closure of on the Orange and Blue lines is just a couple of days away.

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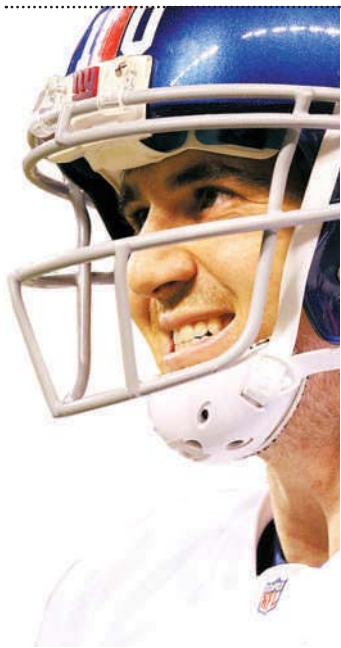
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Tuesday

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REPEAT-MINDED

Eli Manning and the Giants may not be done winning titles **15**

CRIMINAL ELEMENTS

The host of 'Hidden City' discusses the District's dark side **25**

FITNESS DESERTS

D.C.'s parks come up short in terms of exercise equipment **20**



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FOR EXTENDED FORECAST, SEE PAGE 35

EXPRESS ILLUSTRATION



D.C. FRAUD PROBE

SNARES DOZENS

Nearly 90 city government workers are accused of collecting jobless benefits while on the District's payroll **13**





eye openers

DATA

Thief Didn't Read The Privacy Policy

Jersey City, N.J., police say an accused carjacker was captured after a picture he took of himself with the victim's cell phone was forwarded to her computer automatically by an app. The victim was carjacked Jan. 29 by a man wearing a ski mask who also stole her phone. Omar Richardson was arrested last week after he appeared in court on an unrelated charge. (AP)

"I ran over to check and he was passing toys out and eating some of the lollies. We had to tell him that he had to come out to get a toy."

— LOUISE JEFFREY, WHOSE 3-YEAR-OLD BOY, NOAH, CLIMBED INTO A VENDING MACHINE IN BALLARAT, AUSTRALIA, THE HERALD SUN REPORTED. NOAH WAS EXTRACTED USING BRIBERY.

CRIME

Don't Beat the Wrap

Two men spent Super Bowl weekend locked up in an Albuquerque, N.M., jail because of a dispute over a burrito. Police said the men approached another man Saturday night and asked to have a bite of his burrito, and the man agreed. The two men grabbed the burrito and walked away. The burrito's rightful owner wanted his burrito back. Instead, police say, he was beat up. (AP)

The Big Picture



SALVAGE MISSION: A man paddles a raft to a concrete island, meant to be part of an overpass construction project but now derelict, as he searches for items to salvage in the holy Yamuna River in New Delhi on Monday. (AP)

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U.S. Targets Iran's Economy

Tough new penalties for the Central Bank further pinch country

Washington

Targeting Iran's economy, the U.S. ordered tough new penalties Monday to further pinch the country's financial system and encourage Israel to give sanctions more time before any military action against Iran's nuclear program.

The new, stricter sanctions, authorized in legislation that President Obama signed in December, will be enforced under an order he signed only now. They give U.S. banks new powers to freeze assets linked to the Iranian government and close loopholes that officials say Iran has used to move money despite earlier restrictions imposed by the U.S. and Europe.

The action against the Central

A Country Under Pressure

Iran is the world's third-largest exporter of crude oil, giving its leaders financial resources and leverage to withstand outside pressure. Last year, Iran generated \$100 billion in revenue from oil, up from \$20 billion a decade ago, according to IHS CERA, an energy consulting firm. If Iranian oil is prevented from getting to market, other suppliers could make up the difference. The U.S. has been pressuring other Middle East and African nations to step up production for sale to Europe. Saudi Arabia has said it could increase production to make up for any lost Iranian crude. (AP)



Bank of Iran is more significant for its timing than its immediate effect. It comes as the United States and its allies are arguing that tough sanctions can still persuade Iran to back off what the West contends is a drive

to build a nuclear bomb.

The U.S. and Europe want to deprive Iran of the oil income it needs to run its government and pay for the nuclear program. But many experts believe Iran will

be able to find other buyers outside Europe.

Israel, meanwhile, has been increasingly open about its worry that Iran could be on the brink of a bomb by this summer and that this spring offers the last window to destroy bomb-related facilities. Many Israeli officials believe that sanctions only give time for Iran to move its nuclear program underground, out of reach of Israeli military strikes.

White House spokesman Jay Carney denied that Monday's unexpected announcement of new banking sanctions was a sign of heightened worry about an Israeli attack. "There has been a steady increase in our sanctions activity and this is part of that escalation," he said.

Carney said U.S. sanctions on Iran are already squeezing Iran's economy and have exacerbated tensions within the Iranian leadership. ANNE GEARAN (AP)

In Brief



A man drags a tent on Monday at the Occupy Maine site in Portland, Maine.

PORTLAND, MAINE

Occupy Maine Gets More Time to Remove Tents

One of the first encampments inspired by the Occupy Wall Street movement is well on its way to being dismantled, though Portland, Maine, officials decided Monday to allow campers another four days to remove 16 tents that remained. (AP)

SAN DIEGO

Giffords Suspect's Stay At Mo. Facility Extended



Loughner

U.S. District Court Judge Larry Burns ruled Monday that Jared Lee Loughner, the suspect in the shooting that wounded Gabrielle Giffords, will stay four more months at the Springfield, Mo., facility where he is being forcibly medicated. (AP)

ATLANTA

Assisted Suicide Law Overturned by Court

The Georgia Supreme Court struck down a state law that restricted assisted suicides, siding Monday with four members of the Final Exit Network who were charged in 2009 with helping a 58-year-old cancer-stricken man die. (AP)

CHICAGO

Study: Junk Food Still Available at Schools

Junk food remains plentiful at elementary schools despite widespread efforts to curb childhood obesity, according to a new study that appears in Archives of Pediatrics & Adolescent Medicine, released Monday. (AP)

Wash. Police: Deadly House Explosion Planned for Some Time



FIRE INVESTIGATORS WORK THEIR WAY through rubble Monday at the home where Josh Powell and his two sons were killed in an explosion on Sunday in Graham, Wash. Powell's wife, Susan, went missing mysteriously from their West Valley City, Utah, home in December 2009. Authorities said Josh Powell had planned the deadly house fire for some time, dropping toys off at charities and sending final emails to multiple acquaintances.



PAIRINGS

Watch Out, Netflix

Verizon is launching a video streaming service this year with Redbox and its DVD rental kiosks. Verizon Communications Inc. and Coinstar Inc., Redbox's parent, said Monday that the service will be national and available to everyone. It adds another dimension to Verizon's quest to become a force in home entertainment, and it looks set to compete to some extent with the cable-TV services it already sells. Specific details and pricing of the new plan weren't announced. (AP)

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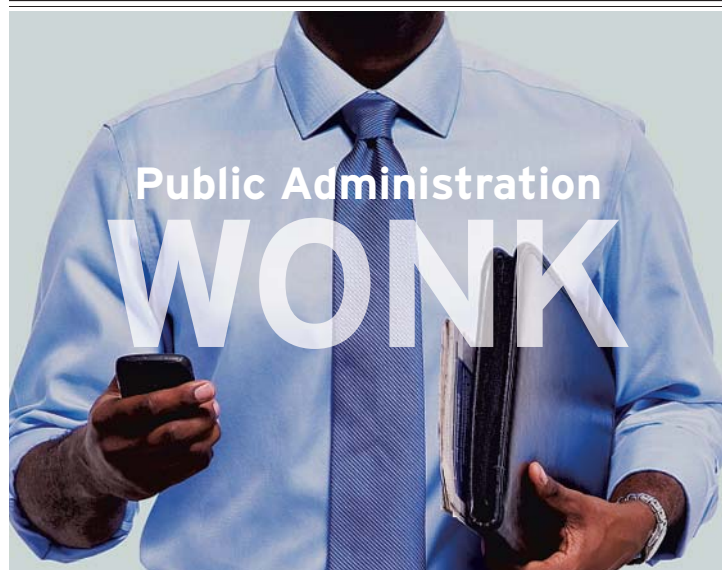
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Travelers' Blood Clot Risk Drops

Chicago

Good news for budget-minded travelers: There's no proof that flying economy class increases your chances of dangerous blood clots, according to new guidelines from medical specialists.

Travelers' blood clots have been nicknamed "economy class syndrome," but the new advice suggests this is a misnomer.

The real risk is not getting up and moving during long flights, whether flying coach or first class. Sitting by the window seems to play a role, because it makes people less likely to leave their seats, the guidelines say.

Still, even on long flights, lasting at least four hours, the risk for most people is extremely low and not something to be alarmed about, said Dr. Gordon Guyatt, chairman of an American College of Chest Physicians' committee that wrote the new guidelines, which were



Preventative Measures

Traveling by bus, train and car may also increase the risks of developing blood clots, new guidelines say. Besides taking a stroll down the aisle during flights, doing calf exercises including flexing and extending the ankles while seated can help prevent clots.

The guidelines recommend use of special compression stockings only for people at increased risk for clots. They advise long-distance travelers against using aspirin or other blood thinners to prevent blood clots. Most people who develop these clots have risk factors, including obesity, older age, recent surgery, a history of previous blood clots or use of birth control pills. (AP)

released online Tuesday. They're based on research on deep vein thrombosis, blood clots that form deep in leg veins.

Muscles in the lower legs help push blood in the legs and feet back to the heart. Sitting still for extended periods of time without using these muscles puts pressure on leg veins and blood "tends to sit there," which can increase chance for clots to form, said Guyatt, a researcher

at McMaster University in Hamilton, Ontario. These clots can cause leg pain, swelling and redness, and can be life-threatening if they travel to the lungs. They can be treated with blood-thinning drugs but may cause permanent damage to leg veins.

The average risk for a deep vein blood clot in the general population is about one per 1,000 each year. LINDSEY TANNER (AP)

Hearsay



"Well it's not a stereotype at all. ... There's nothing in here that has a racial tint at all."

— **GOP MICHIGAN SENATE CANDIDATE PETE HOEKSTRA**, RESPONDING MONDAY TO CRITICISM OF HIS SUPER BOWL AD, WHICH SHOWS A CHINESE WOMAN SPEAKING IN BROKEN ENGLISH. THE SPOT ACCUSES DEMOCRATIC SEN. DEBBIE STABENOW OF HELPING CHINA BY INCREASING THE NATIONAL DEBT. THE WOMAN SAYS, "DEBBIE SPEND SO MUCH AMERICAN MONEY. YOU BORROW MORE AND MORE FROM US. YOUR ECONOMY GET VERY WEAK. OURS GET VERY GOOD."

\$10.4B

The amount that 50 of the nation's most generous people donated in 2011, according to a report Monday by the Chronicle of Philanthropy. The donors gave a total of \$3.3 billion in 2010, the smallest total since The Chronicle began tracking the biggest donors in 2000. A decade ago, the top 50 givers gave \$12.5 billion. (AP)

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Nation



Mitt Romney recently picked up more support from tea party activists.

Tea Party Warms Up To Romney

Denver

Long skeptical of Mitt Romney, tea party activists are either warming up to the GOP presidential front-runner or reluctantly backing him after abandoning hope of finding a nominee they like better.

Whatever the reason, the former Massachusetts governor who is coming off of back-to-back victories in Florida and Nevada now is picking up larger shares of the tea party vote than he did when the Republican nomination fight began. And that fact alone illuminates the struggles of the nearly three-year-old movement to greatly influence its first presidential race.

"We haven't gone away," insisted Amy Kremer, chairwoman of the national Tea Party Express.

The movement influenced the presidential race early on but was greatly fractured by infighting. It also watched as one favored candidate after another lost standing or quit the race, among them Georgia businessman Herman Cain and Minnesota Rep. Michele Bachmann. The remaining candidates — Newt Gingrich, Rick Santorum and Ron Paul — have attributes that tea party backers like, but those hopefuls face huge hurdles in knocking Romney off his stride. KRISTEN WYATT (AP)

U.S. Shuttters Embassy in Syria

West begins to sever diplomatic ties with Assad over violence

Beirut

The U.S. closed its embassy in Syria and Britain recalled its ambassador to Damascus on Monday in a new Western push to get President Bashar Assad to leave power and halt the murderous grind in Syria.

After a U.N. diplomatic effort stalled Saturday by vetoes from Russia and China, the moves by the U.S. and Britain were a clear message that the West sees no point in engaging with Assad.

President Obama said the Syrian leader's departure is only a matter of time. "We have been relentless in sending a message that it is time for Assad to go," he said in an interview with NBC. "This is not going to be a matter of if; it's going



Ominous Indicator

Shutting the U.S. Embassy and recalling American personnel — as the U.S. did Monday with its Damascus embassy, above — is just short of a complete break of diplomatic relations with a country. A year ago, the U.S. similarly closed its mission in Libya's capital as violence escalated, yet maintained for some time communications with senior Libyan officials as it sought to persuade Gadhafi loyalists to abandon the regime and others to advance possible surrender scenarios. Syria had gone years without an American ambassador after the Bush administration broke ties over Syria's alleged role in the 2005 assassination of politician Rafik Hariri in neighboring Lebanon. (AP)

to be a matter of when."

The most serious violence Monday was reported in Homs, where Syrian forces killed 40 people, activists said. More than 12 others were reported killed elsewhere.

Those deaths followed a regime onslaught in Homs that began Saturday, the same day Syria's allies in Russia and China vetoed a Western- and Arab-backed resolution aimed at trying to end the crackdown on dissent. About 200 people died, the highest death toll reported for a single day in the uprising, according to activist groups.

More than 5,400 people have been killed since the uprising began in March, the U.N. said early last month.

The violence has reinforced fears that Assad will unleash greater firepower to crush dissent now that protection from China and Russia against any U.N.-sanctioned action appears assured. BRADLEY KLAPPER AND ELIZABETH A. KENNEDY (AP)

In Brief

ATHENS, GREECE

Greece: 15K Jobs Will Be Cut in Austerity Move

Greece's coalition government on Monday caved in to demands to cut civil service jobs, announcing 15,000 positions would go this year, amid mounting international pressure to agree on austerity measures needed to secure major debt agreements to avoid a March default. Unions called a 24-hour general strike for Tuesday in response. (AP)

OSLO, NORWAY

Man Says He Deserves Medal for Massacre



Breivik

The right-wing extremist who has admitted to killing 77 people in Norway's worst peacetime massacre told a court Monday that he deserves a medal of honor for the bloodshed and demanded to be set free. The trial of Anders Behring Breivik, 32, in the July 22 attack begins April 16, and he faces charges that carry up to 21 years in prison for the Oslo bombing and Utoya island shooting spree. (AP)

2.2 The distance, in miles, below Antarctica's ice sheet that Russian scientists drilled to reach the never-before-touched Lake Vostok, according reports Monday by Ria Novosti, a state-run Russian news agency. Many researchers see the subglacial lake as not only a last frontier on Earth but also a potential gold mine for learning. (AP)

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World

Egypt Hints Vote May Be Moved Up

Protesters continue
demands to speed
presidential election

Cairo

Egypt's military leader told electoral officials Monday to speed preparations for presidential elections after a new eruption of protests demanding that the ruling generals move more quickly to hand power to an elected government.

The military rulers had promised to hold presidential elections by the end of June. But Field Marshal Hussein Tantawi, the head of the ruling council, asked election officials "to quickly finish legal procedures for presidency nominations," according to Egypt's state-run news agency MENA.

Election Commission Chief Abdel-Moez Ibrahim said that nominations for president would be accepted March 10, a month earlier than the original date. He didn't give a date for elections, but



Meanwhile ...

The protests against Egypt's military rulers erupted anew after a deadly riot killed 74 people Thursday. Witnesses said police escalated their crackdown on protesters at dawn Monday, killing one and injuring nearly 200 in Cairo, above. (AP)

it was an indication that the vote may be held about a month ahead of schedule.

Relations between the pro-democracy movement behind Egypt's uprising last year and the ruling generals who took over from Hosni Mubarak have grown increasingly hostile. The protesters have long called for an immediate transfer of power. (AP)

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In Hamas Deal, Palestinians Closer to Unity

Rival factions agree to set up an interim coalition government

Doha, Qatar

After months of wavering, Palestinian President Mahmoud Abbas took a decisive step Monday toward reconciliation with the Islamic militant group Hamas, a move Israel promptly warned would close the door to any future peace talks.

Abbas will head an interim unity government to prepare for general elections in the Palestinian territories in the coming months. The agreement appeared to bring reconciliation — key to any statehood ambitions — within reach for the first time since the two sides set up rival Palestinian governments in the West Bank and Gaza in 2007.

Monday's deal, signed in the Qatari capital of Doha by Abbas and Hamas chief Khaled Mashaal,

Backstory

Hamas, and Fatah's Mahmoud Abbas have had bitter ideological differences, with the Palestinian president pursuing a deal with Israel and the violently anti-Israel Hamas dismissing such talks as a waste of time. Last year, the two sides struck a reconciliation deal that later became bogged down in disagreement over who would head an interim coalition government. (AP)

put an end to recent efforts by the international community to revive long-stalled negotiations between Israel and the Palestinians. Abbas appears to have concluded that he has a better chance of repairing relations with Hamas, shunned by the West as a terror group, than reaching an deal with Israeli Prime Minister Benjamin Netanyahu.

Netanyahu condemned the deal. "It's either peace with Hamas or peace with Israel. You can't have them both," he said. (AP)

Hearsay

"In times of crisis, the government is not in a popularity contest."



— **EMIL BOC**, ROMANIA'S PRIME MINISTER, WHO DEFENDED HIS RESIGNATION AS THE COUNTRY'S GOVERNMENT COLLAPSED ON MONDAY AFTER WEEKS OF PROTESTS OVER AUSTERITY MEASURES.

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Metro Repairs Take Some Time

Q I did a quick calculation on how long it is taking to "modernize" the Cleveland Park Metro elevator and get 840 hours (14 weeks x 30 hours per week x 2 employees). That seems like an outrageous amount of time to repair an elevator. Why does it take so long?

It is a long time. The elevator repair staff isn't that big, and I count 13 out of service on Metro's list of elevator and escalator repairs. Some people talk about how it took a bit more than a year to build the Empire State Building. A building owner would pay to have the job done quickly, to start making money.

Q During rush hour last week, the fool driving the train closed the doors at Farragut North before allowing passengers to exit. At least half a dozen people in my car alone were dragged to Metro Center and had to double back. The next train wasn't due to arrive for five minutes, so that certainly can't be the justification for such an error.

The operators are under pressure to keep the trains on schedule, even while passing through crowded downtown stations, but closing the doors prematurely should be considered a safety issue. Riders should report incidents like this to Metro.

Q Richard Sarles always says Metro is in the condition it is because of lack of maintenance over the years. Are the people responsible for this lack of maintenance still at Metro? If so, why haven't they been held accountable?

The leadership at Metro — both the board and the senior management team — has undergone a lot of turnover in the past few years. It was certainly wrong to let the transit system deteriorate, but pinning blame on individuals is a bit tricky. You could also question whether the riders should have been making more of a stink to their elected reps and demanding more funding for repairs.

Q To echo your recent letters on prior shuttle service for scheduled shutdowns, the shuttle service at Rosslyn and Foggy Bottom was marvelous with understandable signs and helpful staff. Metro can behave very well when it can schedule its behavior.

While it was inconvenient to have to change from trains to buses and back because of the closing of stations on weekends, Metro employees did a pretty good job directing them and operating the bus bridges. I understand why Metro wants to do these weekend shutdowns. They create more space for workers, and several projects can be tackled during the same weekend. And from the riders' side, yes, Metro has a pretty good record when it can schedule the bus bridges.

Q Metro is telling us we have to endure years of single-tracking while its customer service remains surly and its fares remain high. Why is Metro not giving us riders something in return? If their employees were mostly pleasant, cheerful and helpful, it would go a long way. But they are not. Metro's employees are surly and unhelpful.

I find the rides hard to take because I have to wait so long and the trains are so crowded. Over the years, I've had complaints about Metro employees that reflect what you're saying. That hasn't been my own experience when asking questions. My main concern is that transit staffers who are dealing with disruptions often wait to be asked questions rather than trying to let an entire platform know what's going on.

Dr. Gridlock offers commuter counseling online at washingtonpost.com.

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In Brief

WASHINGTON

Alexander Will Remain On April Primary Ballot



Alexander D.C. Council member Yvette M. Alexander, D-Ward 7, will remain on the April 3 primary ballot, surviving a scare after a resident challenged the validity of her nominating petitions. In an 11-page ruling, the D.C. Board of Elections and Ethics found that 428 of the 1,384 petition signatures Alexander submitted were invalid, but that she had more than met the 250-signature minimum to be on the ballot. (THE WASHINGTON POST)

WASHINGTON

Taxicab Rep Gets 1 Year In Prison for Corruption

A taxicab industry representative involved in a scheme to bribe District of Columbia officials has been sentenced to a year in prison for his role in the scheme, which also brought down a top D.C. Council aide. Abdul Kamus pleaded guilty in 2010 to charges of bribery and conspiracy to commit bribery. He was sentenced Monday and will have to pay a \$6,500 fine. Money he gave to Ted Loza, then an aide to D.C. Council member Jim Graham, served as the basis for charging Loza with a crime. (AP)

RICHMOND, VA.

Texting-While-Driving Ban Clears Senate Panel

Tapping on your BlackBerry or iPhone while driving is going to cost you if a bill a Senate committee overwhelmingly endorsed Monday becomes law. In a 10-4 vote, the Senate Courts of Justice Committee approved legislation that makes texting or emailing while driving a primary offense in Virginia. It's already a secondary offense, meaning you can be ticketed for texting at the wheel only if pulled over for another offense. It would not apply to talking on cell phones while driving. (AP)

Trial Under Way in Huguely Case

Jury selection begins in case of former UVa. athlete's death

Charlottesville, Va.

Jury selection started in the trial of a former University of Virginia lacrosse player accused of killing his ex-girlfriend, a player on the women's lacrosse team, but no one had been picked as of late Monday afternoon. George Huguely V, of Chevy Chase, Md., pleaded not guilty in Charlottesville Circuit Court

to first-degree murder and other charges. It was Huguely's first court appearance since his arrest in May 2010, when he was ordered held without bond.



Huguely Huguely is accused of killing Yeardley Love, 22, of Cockeysville, Md. She was found dead in her apartment on May 3, 2010. Police said Huguely told investigators he kicked in Love's bedroom door and then shook her, causing her head

to hit a wall several times. The state medical examiner's office said Love died of trauma to the head. Huguely's attorneys contend Love died from an irregular heart-beat caused partially from taking prescription Adderall and drinking alcohol. Twelve jurors and three alternates were to be selected from 160 people. Circuit Judge Edward L. Hogshire has issued an order barring defense attorneys, prosecutors and Charlottesville police from commenting on the case. (AP)

Meanwhile ...

Court documents and testimony from teammates and friends have given a glimpse of the days before the fatal argument. One of Love's sorority sisters told authorities she saw an argument in which Love struck Huguely with her purse, and police have said in affidavits they possess fragments of an email from her laptop that they think Love sent to Huguely related to a fight they had. Police recovered the laptop from a trash bin where Huguely told them he'd tossed it. (AP)

Family Remembers Alexandria Activist



DEBORAH HARRIS, WIDOW OF LENNY HARRIS, and Sherman Harris, Lenny Harris' brother, leave the Greater Mount Calvary Holy Church in D.C. Monday after Lenny Harris' funeral. Lenny Harris, 53, a community activist in Alexandria, disappeared in September. A week and a half ago, his remains were found in a well in Fort Washington, Md. A man is in police custody in connection with the fatal shooting of Lenny Harris, and he is expected to be charged soon, police say. | **postlocal.com**

Senate Passes Bill to Repeal Va. Gun-Buy Ban

Richmond, Va.

The Virginia Senate passed legislation Monday repealing the 1993 one-handgun-a-month law, all but ensuring the demise of a statute enacted after the state became a supplier of guns used in crimes in New York and other major East Coast cities. On a mostly party-line vote, the Senate passed Republican Sen. Bill Carrico's bill 21-19. Democrats John Edwards of Roanoke and Creigh Deeds of Bath County voted with Republicans, and Thomas K. Norment Jr. of James City County was the lone GOP dissenter. The House of Delegates passed its version of the bill by a wide margin last week, and Republican Gov. Bob McDonnell has said he would sign the legislation. (AP)

The Lotteries

Monday, Feb. 6

Maryland

Mid-day Pick 3	3-5-3
Evening Pick 3 (Sun.)	6-6-7
Mid-day Pick 4	5-8-1-1
Evening Pick 4 (Sun.)	2-5-6-8
Match 5 (Sun.)	2-15-18-20-29 (39)

District

Mid-day Lucky Numbers	5-6-5
Evening Lucky Numbers (Sun.)	7-6-7
Mid-day DC 4	8-1-8-1
Evening DC 4 (Sun.)	5-2-7-9
Mid-day D.C. Five	3-1-8-7-9
Evening D.C. Five (Sun.)	9-8-1-1-1

Virginia

Mid-day Pick 3	4-1-6	Evening Pick 4 (Sun.)	1-1-9-6
Evening Pick 3 (Sun.)	3-9-7	Mid-day Cash 5 (Sun.)	15-16-22-26-29
Mid-day Pick 4	7-1-1-8	Evening Cash 5 (Sun.)	5-13-18-27-30

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Benefits Fraud Alleged

D.C. employees are accused of taking \$800K in jobless payments

Washington

Nearly 90 city employees were suspended on Monday and face potential firing and prosecution for receiving unemployment benefits while holding their city jobs, District officials said.

In addition, about 40 former city workers cashed unemployment checks they were not entitled to and also face sanctions. In all, the city estimates it has paid out as much as \$800,000 in unemployment benefits to working city employees since 2009.

"By holding people accountable, that sends a clear message we're not tolerating this behavior," said Lisa Mallory, director of the D.C. Department of Employment Services, which administers the jobless benefits program.

Monday's action represents an unusually broad crackdown on corruption in the District's 33,000-strong government workforce and follows at least three years of scrutiny from local and federal authorities. The volume of benefits claims has soared alongside the District's jobless rate, and investigators have taken an increasing interest in how the unemployment program guards against fraud.

D.C. Inspector General Charles J. Willoughby and Attorney General Irvin B. Nathan are involved in the investigation, and authorities anticipate referring at least some cases to federal prosecutors for criminal prosecution.

Mallory, whose office continues to review cases, also said she has worked with the U.S. Department of Labor to prevent this type of fraud.



"We want to make sure that individuals who owe this money are actually held accountable for these overpayments."

— LISA MALLORY, DIRECTOR OF THE D.C. DEPARTMENT OF EMPLOYMENT SERVICES, DISCUSSING THE INVESTIGATION INTO JOBLESS BENEFITS CLAIMS MADE FRAUDULENTLY BY D.C. WORKERS WHILE THEY WERE EMPLOYED.

The employees accused of wrongdoing worked in various arms of the District government, including the D.C. Public Schools and the D.C. Council, according to a high-ranking official in Mayor Vincent -Gray's administration. Some of the employees, Mallory said, received as much as \$20,000 or more; others received only a few hundred dollars.

Mallory said her office has launched a new initiative in the past year to combat this type of fraud, cross-checking lists of unemployment recipients with city payroll records and a national database of new hires. The city unemployment office now does those comparisons several times a week, she said.

Neighboring states have long employed computerized safeguards to prevent overpayments.

In Maryland, employers are

required to report names, Social Security numbers and wages of their workers on a quarterly basis, said David A. McGlone, deputy executive director of the state's unemployment insurance office. That data are cross-checked to ensure that no one is collecting benefits while gainfully employed.

Government employees, McGlone said, are handled in a "very similar fashion" as those in the private sector.

William Walton, the unemployment insurance director for the Virginia Employment Commission, said the commonwealth has been checking those receiving unemployment benefits against the national new-hire directory for more than five years.

In a July 2011 letter to Gray, Willoughby said his office was conducting an "ongoing special evaluation" of the unemployment compensation office and that he expected to submit a report later in the year.

The letter accompanied a management alert that found "essential safeguards" in an agency computer system were "inappropriately turned off" from February 2009 to July 2010, allowing an unknown number of checks to be mailed to ineligible recipients. According to the letter, a city contractor told investigators that a former agency manager had ordered the safeguards to be disabled, perhaps to allow officials to more easily handle a record number of claims.

Since December 2010, Willoughby's office has concluded eight investigations into unemployment overpayments with guilty pleas to felony fraud charges. MIKE DEBONIS (THE WASHINGTON POST)

Simple Fraud

Unemployment fraud is not complicated nor uncommon in unemployment insurance programs: Workers apply for checks and receive them legitimately for a time but fail to inform authorities as soon as they go back to work. "Some are people who come in and out of government and never stopped [receiving unemployment checks]. Some may have worked in parts of an agency where for the summer months you don't work," said Lisa Mallory, director of the D.C. Department of Employment Services. "It's just a matter of certifying you aren't receiving income when you are receiving income." She said her department regularly passes such cases of suspected fraud to the inspector general for investigation. (TWP)

Attracting Attention: The jobless rate in fiscal 2007 was less than 6 percent when 17,645 D.C. residents made initial unemployment claims. Two years later, joblessness soared to about 10 percent, and more than 52,000 checks were sought for the first time, leading investigators to take an interest in how D.C. guards against unemployment fraud. (TWP)

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The Washington Post

If you don't get it, you don't get it.

Ready for More

Giants' Coughlin and Manning start dreaming of a third Super Bowl victory

Pro Football

Tom Coughlin has never won the NFL's coach of the year award. Eli Manning has never been the league's MVP.

With two Super Bowl victories in the past five seasons, though, they have emerged as the NFL's top coaching-quarterback tandem.

And the best may be yet to come.

The 65-year-old Coughlin and the 30-year-old quarterback are getting better with time, and it was never more obvious than in this past season, which the Giants capped with a 21-17 victory over the New England Patriots on Sunday night for the franchise's fourth Super Bowl title.

The bond between Coughlin and Manning is there for all to see. It is found in the word, team.

"He epitomizes everything that I believe in as a player," Coughlin said of Manning, a two-time Super Bowl MVP, at a news conference Monday. "[That's] In terms of the quality, the way he produces, the way he handles it among his teammates, on and off the field."

Never was that leadership more evident than late in games this season.

Seven times Manning led the Giants (13-7) to fourth-quarter victories and the last was the most impressive — an 88-yard title-winning drive that he started with a pinpoint 38-yard pass to Mario Manningham.

"A championship is a championship," said Manning, who threw for a career-best and franchise-best 4,933 yards this



New York Giants quarterback Eli Manning and coach Tom Coughlin celebrate after beating the Patriots to win their second Super Bowl together. Both wins came against New England.

The Day After

The game ended Sunday, but some Super Bowl moments were kicked around on Monday.



Blame Game

Tom Brady's wife, Gisele Bündchen, made news for blaming the Patriots' receivers for dropping too many passes in the game. But the Patriots on Monday stuck up for receiver Wes Welker, who made the biggest drop in the fourth quarter. "You can't point fingers at anybody," defensive back James Ihedigbo said.



The Finger

M.I.A.'s obscene gesture in the Super Bowl halftime show prompted apologies from NBC and the NFL. But it isn't registering as a moment that viewers latched on to. Digital video recorder maker TiVo said Monday that there wasn't an appreciable bump in viewers who played back the moment when M.I.A. extended her middle finger during Madonna's "Give Me All Your Luvin'."

season. "Each one is special. Each one has special moments during the season and, obviously, different teammates. This year, I am just happy for a number of guys getting a championship."

The one thing Manning didn't want to hear anything about was having bragging rights over his brother, Peyton Manning, with two championships.

"This isn't about bragging rights," Eli Manning said. "This is a lot bigger. This is about a team, an organization being named world champions, and that was the ultimate goal. That's the only thing that's important, is the team finding a way to get a victory. That's the only thing I care about, and Peyton and I both know that's what the goal is every year. It's not about anything else."

Coughlin left little doubt that he wants to go for a third title next season, joking he was only 45.

111.3M

The number of people who watched the New York Giants beat the New England Patriots on Sunday night, according to the Nielsen Co. That narrowly beat the 111 million who watched Green Bay's win over Pittsburgh last year. The Super Bowl drew an overnight rating of 47.8, down slightly from last year's record 47.9.

"I mean, it's what I do," said, the oldest coach to win a Super Bowl. "So, the alternative, I've never really given it a whole lot of consideration. [Just coach] as long as I can."

Coughlin could be around for a while in the wake of his second title as a head coach. He signed a contract extension in July that runs through next season, but it looks as though the Giants could revisit that deal after the franchise's fourth Super Bowl win.

Giants chief executive John Mara said it's safe to say the team wants Coughlin to return.

"He might be 65, but he's got the energy of somebody quite younger than that," he said.

That confidence is found along the whole Giants organization.

"We won it this year, so there is no doubt in my mind we can," linebacker Mathias Kiwanuka said of a repeat.

With Coughlin and Manning at the helm, it's certainly possible.

TOM CANAVAN (AP)

"I don't fish, I don't golf. My wife keeps telling me, 'You better have something to do, buddy boy. If you think you're going to hang around here, you're crazy.'"

— TOM COUGHLIN, THE GIANTS COACH, RECITING THE REASONS HE HAS NO PLANS TO RETIRE AFTER WINNING THE SUPER BOWL.

Sports

Another Year at RFK for United

As search for new home continues, D.C. nears deal on lease

Major League Soccer

D.C. United's perpetual search for a new stadium location continues, but the notion that the club might play its home games somewhere other than RFK Stadium this season can be put to bed.

At a news conference Monday, team president and CEO Kevin Payne discussed a pending agreement with Events D.C., the organization that operates RFK Sta-



Meanwhile ...

While D.C. United has made numerous roster changes recently, there is still one major issue to tend to, and that is agreeing to a multiyear contract with MLS MVP Dwayne De Rosario, left. The club maintains an option on the 33-year-old for this year. "He's a priority," United GM Dave Kasper said. "He wants to get it done. We want to get it done, and, hopefully, we can move in that direction shortly." A.C.

dium. The agreement would set new lease terms allowing United to maintain RFK as its home stadium — the only one the club has had in its 16-year existence.

"We're working on a new lease

and negotiating in good faith with Events D.C., and we hope to have something done shortly," Payne said. "Given the timing, I think it's safe to assume we'll be playing at RFK. We do expect [to make] an

announcement shortly of a new relationship with Events D.C."

United's season begins March 10 with a home match against Sporting Kansas City, which finished the last regular season atop the Eastern Conference standings.

The club still wants to purchase a permanent, soccer-specific home in D.C. and reiterated its commitment to staying in the District. No progress has been made in finding a new site for the team inside the District's limits, nor in Baltimore, which the Maryland Stadium Authority is exploring as an alternative. "There's nothing new to report," Payne said. AVI CREDITOR



CONTRACTS

Nats' Minor Deal

A person familiar with the deal says the Nationals have agreed to a minor league contract with outfielder Rick Ankiel, who batted .239 with nine home runs and 37 RBI last year with the team. If Ankiel makes the 40-man roster, he'll earn \$1.25 million next season. (AP)



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Sports

Caps Battle Injury Woes

Laich is 'day-to-day' after injuring knee during Sunday's loss

The Capitals

Just when it appeared the Capitals were about to turn the corner, they hit another bump in the road.

After a 3-0 victory against the Montreal Canadiens on Saturday afternoon, Washington's future was looking bright for the first time since a late-December winning streak. Defenseman Mike Green was seen skating through after practice conditioning drills, and suspended captain Alex Ovechkin had made his return, displaying no rust after his NHL-imposed vacation.



The Caps' Brooks Laich, front, limps off the ice after injuring his knee on Sunday.

Orlov's Fishbowl



After being hit in the head with a puck in two consecutive games, Capitals defenseman Dmitry Orlov said

he will sport a new helmet against the Florida Panthers on Tuesday. Orlov, whose nose was broken in the 3-0 win over the Montreal Canadiens on Saturday, said he will wear a college hockey-style helmet, a full cage face mask that is jokingly referred to as a fishbowl, against the Panthers. R.A.

point lead over the second-place Caps and have one game in hand.

With a win, Washington would vault the Panthers and enter the postseason picture — for at least a few days. But holding a playoff position has been a challenge for the team, and the task is even greater with the injuries piling up.

No date has been set for the returns of Green and center Nicklas Backstrom, and Laich is "day-to-day." Hunter said he's relying on the team's depth to keep it afloat. "We're pushing to try to get back. Injuries are part of the game," Hunter said Sunday. "Other guys [have to] step up." REED S. ALBERS

Sorry Is Not Enough

Minnesota Timberwolves forward Kevin Love was suspended for two games on Monday for stomping on Rockets forward Luis Scola's face and upper body in their game on Saturday night. Love, Minnesota's leading scorer and rebounder, said after the game that the stomp was not intentional, and he went to the Rockets' locker room to apologize to Scola. (AP)

17

The number of losses pitcher Jeremy Guthrie had with the Orioles last year, the most in Major League Baseball. He was traded to the Rockies for two pitchers on Monday. (AP)

Healthy Volunteers Needed

The National Institutes of Health (NIH) is seeking Healthy Volunteers, men and women, to compare to individuals we have studied with Narcolepsy, a sleep disorder.

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V 1.0 28 April 2011

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Sports

Contador Stripped of Tour Title

Cycling

Alberto Contador was stripped of his 2010 Tour de France title Monday and banned for two years after sports' highest court found the Spanish cyclist guilty of doping.

The Court of Arbitration for Sport suspended the three-time Tour champion after rejecting his claim that his positive test for clenbuterol was caused by eating contaminated meat on a 2010 Tour rest day.

The three-man CAS panel upheld

Backstory



Alberto Contador blames steak bought from a Basque producer for his high reading of clenbuterol, which is sometimes used by farmers to fatten their livestock. He had no immediate comment on the ban instituted Monday and is expected to hold a news conference Tuesday. (AP)

appeals by the International Cycling Union and World Anti-Doping Agency, which challenged a Spanish cycling tribunal's decision last year to exonerate Contador.

CAS backdated Contador's ban, and he is eligible to return to competition on Aug. 6. He will miss the Tour de France and the London Olympics. The ruling came just three days after U.S. federal prosecutors dropped a doping investigation involving seven-time Tour winner Lance Armstrong. (AP)

TV Lineup

CAPITALS (7 P.M., CSN) The Caps face off against the Florida Panthers.
TERPS MEN'S HOOPS (7 P.M., ESPN2) Maryland has shown improvement, but can it get a win at Clemson?
MEN'S COLLEGE HOOPS (7 P.M., ESPN2; 9 P.M., ESPN) Kentucky takes on Florida, and Oklahoma State hosts Iowa State. Then, Ohio State hosts Purdue.
PRO HOCKEY (7:30 P.M., NBCSP) The Tampa Bay Lightning hosts the Los Angeles Kings.

express health directory

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SUNDAY, FEB 12
LARRY KEEL AND NATURAL BRIDGE
W/ HERB & HANSON

TUESDAY, FEB 14
CHUBBY CHECKER

THURSDAY, FEB 16
BONERAMA

FRIDAY, FEB 17
SIMON & GARFUNKEL RETROSPECTIVE

SATURDAY, FEB 18
BOBBY BLUE BLAND
W/ ellen cherry

SUNDAY, FEB 19
EDDIE MONEY (2 SHOWS)

WEDNESDAY, FEB 22
BIG SAM'S FUNKY NATION

THURSDAY, FEB 23
ANN RABSON BAND
W/ BOB MARGOLIN & JOE MAHER

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THE FAB FOUR
THE ULTIMATE TRIBUTE (2 SHOWS)

SATURDAY, FEB 25
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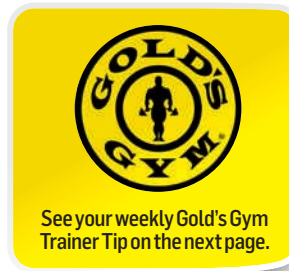
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Guinea Pig | Pop Star

Sweet potato fries are still, well, fries. So if you have a yearning for yams, maybe you'd prefer to have them popped. Sweet potato is the newest flavor from Popchips, the savory snacks that boast that they're "never fried" and "never baked." These orange-hued munchies (at local grocery stores, or \$25.50 for 12 bags at Store.popchips.com) are lower in sodium than any of the potato chip brand's other varieties, making them an even heart-healthier option.



Not a Walk in the Park

D.C. lags behind other communities when it comes to outdoor exercise equipment

When 24-year-old Victoria Church moved back to D.C. after spending 10 months in China teaching English, she realized something was missing. Living in Asia, she'd grown accustomed to seeing outdoor exercise equipment in public spaces — and people of all ages using it. But around here, Church couldn't find any of the machines that she'd seen encourage activity abroad.

"I was thinking about things they had and we don't," she says. So she put together a proposal for Good Maker, a website that awards grants (see "Vote" box), to get a grant to bring fitness machines to D.C.

Church recognizes that a piece or two of equipment isn't a solution as much as a start. "My hope would be after putting it in, that would create interest and we could expand from there," she says.

In fact, there already is interest in seeing such fitness opportunities. Groundwork Anacostia River D.C. (Groundworkdc.org), an organization devoted to boosting communities by reconnecting them with natural resources, is collaborating with the National Park Service to bring fitness equipment to Fort Mahan. The improvement is part of a series of projects the part-



Vote for Victoria!

You can help Victoria Church — pictured at Rock Creek Park — win a \$1,000 grant from Good Maker (Healthy.maker.good.is) by voting for her proposal by 3 p.m. today. She plans to use the money to buy an air walker, a device that mimics an elliptical machine, for a park.

ners are undertaking at the park, a site in Ward 7 that hadn't received much attention in recent years. "It was one of those parks that was just there as green space," says Groundwork D.C.'s executive director, Dennis Chestnut.

Secured through a grant from the National Park Foundation, the multi-station calisthenics trail, similar to the popular parcours in Rock Creek Park, is set to be installed in Fort Mahan next month. "This was a real win for this community," says Chestnut, who encourages potential volunteers to contact Groundwork or National Capital Parks — East.

It's also a sign that the National

Park Service, which manages nearly 90 percent of Washington's parkland, is becoming more open to the idea of fitness equipment on its property. The only existing parcours in the city other than Rock Creek's is the outdated one at Anacostia Park. NPS spokesman Bill Line says that one will be replaced this year.

Increasing opportunities for fitness at parks is in keeping with the

8

The number of exercise stations to be installed in March at Fort Mahan, a park in Ward 7. The project is part of the CapitalSpace Partnership.

NPS' commitment to a wide range of exercise options, Line adds. He predicts the Fort Mahan equipment, in particular, will get the public more excited to use the park. "You can stop if you're jogging or bicycling and do 20 pull-ups or walk the balance beam," he says.

Finding NPS land for additional exercise areas is likely to remain a challenge, however. Line says nothing that disturbs the historic preservation or natural character of sites will fly.

Still, Chestnut believes success at Fort Mahan will spur more outdoor exercise facilities, both on NPS sites and city-managed properties. And wherever bars, rings and abs benches show up, you can expect to find 37-year-old David Denizot, of Vienna, who's at the Rock Creek course five times a week. "I'd love to see more of this sprinkled throughout the city," he says. "This is my prized exercise equipment. And it's in the park — you can't beat that."

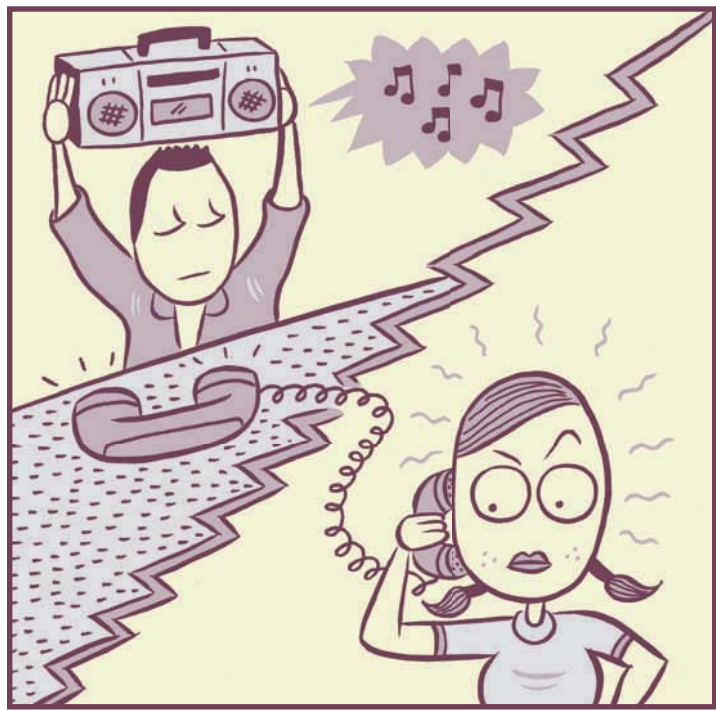
VICKY HALLETT (EXPRESS)

Hot Zones

You don't need a gym membership to work out at Fitness Zones, the latest exercise trend out of Los Angeles. The Trust for Public Land installed the clusters of all-weather fitness machines in 29 L.A. parks over the past two years and plans to roll them out across the country — including, eventually, D.C. Deborah Cohen, a senior natural scientist with the RAND Corporation, studied 12 parks with the exercise equipment and noted that Fitness Zones attracted new visitors, particularly in the lowest-

income neighborhoods. "In small parks where there wasn't much else going on, a lot of people said that's the reason they come," she says. And although men generally outnumber women in parks, the Fitness Zones were frequented by more women. Cohen's research also showed that people in parks with Fitness Zones were more active than those in parks without them — even if they weren't using the equipment. "The Fitness Zones serve as a cue to remind people to exercise," she says. V.H.

baggagecheck



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This Time You're Cheating Yourself

Q My first boyfriend cheated on me, my second boyfriend was seeing other people, and then my family found out that my dad had been cheating on my mom. I've become increasingly anxious about relationships with guys, to the point where I stress over ones I'm not even sure I'm interested in. I tend to not believe guys are actually interested in me, which leads me to seem needy. How do I just relax? **ANXIOUS**

You describe a common pattern, and it happens to people in lots of situations, not just romantic relationships. Anytime we overthink something, whether it's a free throw or a medical diagnosis, we're bound to dig ourselves into an anxiety-ridden hole.

Therapy can help you climb out of that hole. You need to learn to build yourself up and increase your trust in guys. You also need to be able to gain trust in yourself and in the fact that you deserve a good man. People who are stuck in their heads about something can learn to be mindful in the moment through cognitive-behavioral techniques. So, see someone (professionally). It will help you immensely for when you see someone (romantically).



By Dr.
Andrea
Bonior

@ Send your questions to Dr. Andrea Bonior at baggage@readex-press.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (friendshipfix.com).

In Your Eyes, He's Irritating

Q My ex is starting to call me again. He calls me up and starts to play a Jimmy Eat World song at full blast that he used to say made him think of me. Afterward, I hear three long breaths, and then he hangs up on me. All I did was ask a mutual friend about him, so how do I get him to leave me alone? **ANNOYED EX**

Well, there's the simple, technological answer: You block his calls, either automatically through your phone system or with the power of your mind when you see his number. But I think what you're really asking for here is an overall assessment of the situation and its inherent oddness. What's behind his behavior? Is this about his undying devotion? Revenge? Boredom? The prelude to a prank real-

ity show? Only you — because you know him — can have an inkling of the answer.

Back to the question you pretended you were asking. If it makes you truly uncomfortable, take the opportunity in those three long breaths to say clearly and firmly, "Please stop calling me. I will no longer pick up the phone." And then follow suit, blocking his calls if need be.

Event Horizon

Ends Meat

Even if you're not vegan, you're invited to celebrate D.C. Meat-Free Week (Dcvegan.org). The third-annual festival of plant-based dining includes special events every day through Monday and weeklong specials at several area restaurants with vegan-friendly menu items. Expect crowds on Food Truck Day (Wednesday), as many mobile vendors will be offering discounts on falafel and other vegan lunch options.

Meet The Trainer

Mark Wolf

Certified Personal Trainer
Ballston Gold's Gym

Mark believes that taking care of and keeping your body fit brings wellness not only to the body, but to the mind and spirit as well, and helps create an overall satisfaction of life. His commitment to helping others enjoy this life satisfaction began with his career in the Army National Guard, where he helped train hundreds of soldiers, and continues to this day with his Gold's Gym clients.

Certifications:

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To schedule an appointment with Mark or another Gold's trainer, come to a Gold's Gym location near you or visit our website.



Trainer Tip of the Week

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fit phys ed

Getting Sweaty With Sweetie

Love is in the air. Or maybe that's just sweat. It'll be tough to tell at these Valentine's Day events that promise a physical attraction.

Date Night at the Bar

You're guaranteed to feel something at the Bar Method when you take on a ballet-inspired workout. It'll probably be your thighs shaking. Although it's not that kind of bar, you will be able to order a cold one. The studio plans to offer booze and snacks after the hour-long class. **Details:** \$10 each if it's your first time, \$24 if it's not; 6:30 p.m. on Friday at 750 9th St. NW; Dc.barmethod.com.

Acro Sutra

Relationships are a balancing act — literally — at Urban Evolution's partner workshop. Both couples and singles (who'll get paired up for the event) will learn how to work together to perform gymnastics tricks and stress-releasing stretches. To sweeten the deal, the gym is serving bubbly, chocolate-covered strawberries and other snacks to participants. **Details:** \$25 per person or \$40 per couple; 7-9 p.m. Saturday at 5402 Eisenhower Ave., Alexandria; Urbanevo.com.

Love the Run You're With 5K

Your bib for this race that starts and finishes at the Shops at Pentagon Row doesn't just include your number — it includes your relationship status. Red means you're taken, green means you're single, and yellow



Beyoncé

Single Ladies Workshop

Who needs a man when you have dance moves like these? Joy of Motion's Quynn Johnson is teaching choreography based on Beyoncé's "Single Ladies (Put a Ring on It)" video. High heels are optional. **Details:** \$25 in advance, \$30 day of; 3-4:30 p.m. on Saturday at 1333 H St. NE; Joyofmotion.org.

means it's complicated. If you eye a certain someone you like along the course, you'll get the chance to serenade the lucky guy/gal at the post-race karaoke contest. And instead of a T-shirt, you'll go home with a commemorative blanket, ideal for snuggling. **Details:** \$40; 9 a.m. Sunday; Pacersevents.com/lovetherun. VICKY HALLETT (EXPRESS)

6 The number of cities holding a Cupid's Undie Run (Cupidsundierun.com) this Saturday at 2 p.m. The quick sprint in your skivvies to benefit the Children's Tumor Foundation debuted in D.C. in 2010 — just a week after Snowpocalypse. It's been such a hit in Washington that the organizers have expanded the event to sites across the country. You'll have to go to one of those other runs to participate: D.C.'s is sold out. v.h.

Superfoods for Your Heart

The single most important step in improving your cardiac health is watching what's on your plate

With heart disease the No. 1 killer in this country, you would think a cure that could dramatically reduce these deaths would be big news. And yet the most effective remedy is so simple

“In traditional societies, where people don't eat processed foods, heart disease is rare.”

— ARTHUR AGATSTON, CARDIOLOGIST AND AUTHOR OF “THE SOUTH BEACH WAKE-UP CALL.”

that most people can't seem to believe it works. “In traditional societies, where people don't eat processed foods, heart disease is rare,” says Arthur Agatston,

M.D., author of “The South Beach Wake-Up Call.” Here are a few foods to eat to your heart's content. ANNE UNDERWOOD (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)



Kale

Rx Effect:

Prevents atherosclerosis

The Evidence:

“Kale has everything you would want in a superfood,” says Joel Fuhrman, M.D., the author of the best-seller “Eat to Live,” who uses diet and exercise to help patients reverse their cardiovascular disease. For starters, kale boasts a bumper crop of heart-healthy antioxidants, omega-3 fatty acids, fiber, folate, potassium and vitamin E.



Oranges

Rx Effect:

Reduces blood pressure, cholesterol and heart failure

The Evidence: Oranges contain a pharmacy's worth of salves for the heart. The soluble fiber pectin acts like a giant sponge, sopping up cholesterol in food and blocking its absorption. And the potassium in oranges helps counterbalance salt, keeping blood pressure under control.



Almonds

Rx Effect:

Reduces LDL and fatal arrhythmias

The Evidence: The plant sterols in almonds reduce the absorption of cholesterol from the diet, while the unsaturated oils encourage the liver to make less LDL and more “good” HDL.



Garlic

Rx Effect:

Reduces blood pressure and plaque

The Evidence:

Research suggests that, much like the ACE inhibitor drugs that fight high blood pressure, garlic ratchets down an enzyme called angiotensin, which constricts blood vessels. Though the effect is modest compared with medications, garlic seems to have a significant impact on the buildup of plaque.



Sardines

Rx Effect:

Lowers triglycerides, raises HDL

The Evidence:

The omega-3 fatty acids in cold-water fish are crucial for heart health, and sardines have among the highest levels. They lower harmful triglycerides, raise HDL, reduce heart arrhythmias and tamp down inflammation (which can destabilize plaque, causing it to rupture and produce a heart-attack-inducing clot).

Recipe File

FARRO- AND MUSHROOM-STUFFED ACORN SQUASH

Ingredients

- ▶ 1 large acorn squash
- ▶ 1/2 cup farro
- ▶ 8 ounces mixed mushrooms, chopped
- ▶ 1/2 teaspoon salt
- ▶ 1/4 teaspoon ground black pepper
- ▶ 2 cloves garlic, minced
- ▶ 2 shallots, chopped
- ▶ 2 cups baby spinach
- ▶ 1/2 teaspoon orange zest
- ▶ 1 tablespoon chopped thyme
- ▶ 1 teaspoon chopped oregano
- ▶ 2 tablespoons crumbled feta



Makes Four Servings

Heat the oven to 375 F. Bring a medium pot of salted water to a boil.

Cut the acorn squash into quarters. Scoop out and discard the seeds.

Spritz a 9-by-9-inch baking dish with cooking spray and arrange the

squash in the pan, skin side down. Bake for 30 to 40 minutes, or until just softened.

Meanwhile, make the stuffing. Add the farro to the boiling water and cook until tender but still al dente, about 15 minutes. Drain and set aside.

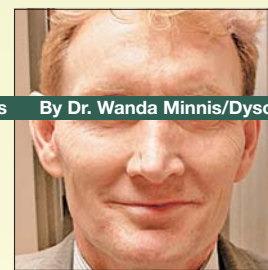
Heat a large nonstick skillet over medium-high. Add the mushrooms, salt and pepper, and cook for 10 minutes, or until well browned. Add the garlic, shallots, spinach, orange zest, thyme and oregano, then cook for three more minutes. Stir in the farro.

When the squash is ready, spoon the stuffing into the center of each quarter. Sprinkle the feta over the stuffing and bake for another 20 minutes, or until the squash is tender when pierced with the tip of a knife. (AP)

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fit cardiac health

A Lesson for Life

Know the symptoms of a heart attack, and don't postpone going to see your doctor

When Andrea Wongsam woke up with nausea and heartburn, she chalked up the symptoms to morning sickness. At 13 weeks pregnant, Wongsam had been feeling awful every day. So she sucked it up and drove from her home in Frederick, Md., to her job at the National Institutes of Health, where she's a financial analyst.

"I figured it would wear off," she says. "But it didn't." Instead, everything intensified. Her jaw began to hurt as though she'd been clenching her teeth forever. Her left arm went limp. And she was burning up. Wongsam excused herself from the office, got into her car and rolled down the windows, figuring the chilly March air would help. When it didn't, she started stripping. "I literally had nothing on, but I could not get cool," she says.

That's when she decided it was time to go to the doctor. It turns out she was just in time: Wongsam was having a heart attack.

The diagnosis came as a complete shock. "I was a healthy, pregnant 35-year-old," Wongsam says. But due to an unusual condition that forces her body to make too many platelets, she had a blood clot. So she was soon being airlifted to a hospital, where she was hustled into surgery to have a stent placed in an artery. She had to terminate her pregnancy and remain in cardiac care for more



COURTESY AMERICAN HEART ASSOCIATION

Important Call

If you're willing to have a heart-to-heart with women everywhere, share your story at the Go Red Casting Call, starting at 6 p.m. Friday at Crystal Couture. The event is part of Crystal City's fashion and sales event at 1750 Crystal Drive in Arlington. Get more details at Meetup.com/Goredforwomen.

than a week.

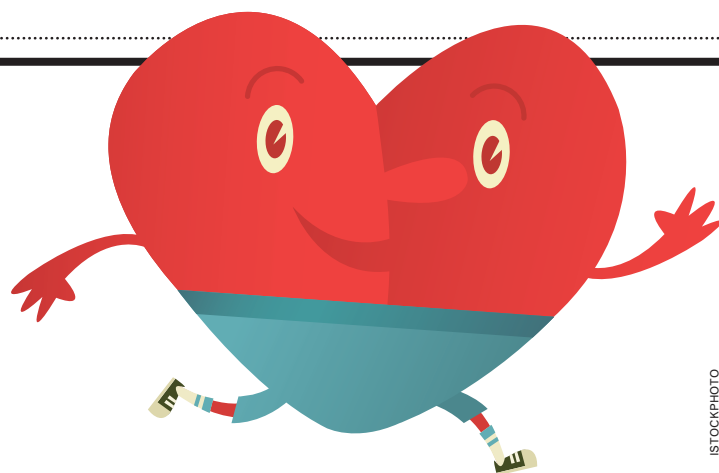
"That day changed my life forever," says Wongsam, who's now 43 and lives in Silver Spring. She can't have children, and because she faces a higher risk for future heart attacks, she's had to become extra-vigilant about her health. She takes medication, watches what she eats and hits the gym regularly. The effort has been paying off. Wongsam had a defibrillator implanted after the incident, but her doctor gave her the OK to get it removed six months ago.

She doesn't plan to stop with just her own well-being, however. The next goal is making sure everyone gets wise to heart health.

Although she was hesitant to talk about what had happened to her at first, she was so inspired by the stories at Goredforwomen.org that she went to a Go Red Casting Call (see box). Now, Wongsam's a national spokeswoman for the American Heart Association campaign. "Know what the warning signs are," she says. And if you're experiencing them, go to the doctor — not the office.

VICKY HALLETT (EXPRESS)

Walk Steady: Going for a stroll is an easy way to boost your heart health. But if you don't like taking it to the streets solo, join chef Ris Lacoste. The owner of the eponymous restaurant (Risdc.com) at 2275 L St. NW is looking for company. Every weekday at noon, she's setting out from the restaurant on a 1-mile hike around the city. The goal of RIS Walk 60 is for participants to donate \$1 for each mile they log to the George Washington Women's Heart Center in hopes of raising \$25,000 in 2012. v.h.



ISTOCKPHOTO

Ways to Make The Beat Go On

Prevent heart woes by taking steps to protect your health

Whether everyone in your family tree died of a heart attack at 50 or remained hale until 100, you need to think about your ticker, says Martha Grogan, M.D., medical editor of the new book "Mayo Clinic Healthy Heart for Life!" (\$26, Time). She has a few pointers for American Heart Month.

Watch Out

Sure, unexpected chest pain, severe weakness and shortness of breath could be something other than a heart attack. But you'd better let a doctor be the judge of that. "People say they feel so silly, and it might just be heartburn," Grogan says, noting that women especially "don't want to bother anybody." The book features first-person accounts from several heart attack survivors, and a common theme is that they had to be persuaded to go to the hospital.

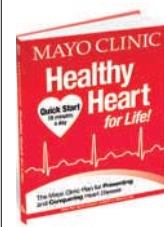
That's why it's also critical to be aware of symptoms in others, Grogan adds. You might need to be the one doing the persuading or the CPR. Not up on your technique? Grogan says to stick with just chest compressions and to skip the mouth-to-mouth portion.

Take a Stand

Everyone knows exercise is good for the heart, but bet you didn't know how little you can do and

still see a benefit. Even just standing helps, says Grogan, who nevertheless recommends doing a bit more once you're on your feet. "I'd challenge people to walk briskly in front of the TV and do jumping jacks," she says.

If you're at the gym every morning, Grogan says that's great. Try to weave some of that activity throughout your day, however, because even regular exercisers have a higher risk of heart disease if they sit the rest of the day.



Hit the Sack

Fun fact about sleep: You can never get more than you need. So don't worry about overdoing it. And you'll rest easier knowing that several studies have shown there's a strong connection between heart disease and getting your z's. "When we cheat on sleep, we pay for it," Grogan says. "You eat a lot more when you're tired, and you crave junk food and drink caffeine." Plus, when you sleep, your heart rate drops.

Get Happy

Walking around angry puts you at a higher risk for a heart attack. Boost your mood by making time to participate in your favorite activities and volunteering. "People are always putting relaxation off," Grogan says. But if you wait too long, you might not be around to relax. v.h.

lookout



The Ballroom Blitz
Tim Tebow ponders appearing on 'Dancing With the Stars' **37**

Sound Bets



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World Jukebox

Before the Internet enabled us to document anything with the mere press of a button, it took dedicated labor to make sure the world's cultural history wasn't lost to the wind. The folklorists who found and recorded ancient songs and stories preserved oral traditions for future

generations, linking our shared histories — and destinies.



By Christopher Porter

The dedication of American folklorist and ethnomusicologist Alan Lomax, above, to preservation is nonpareil, and his vision of cultural equity will be fulfilled, thanks to the Internet. Globaljukeboxrecords.com will offer Lomax's digitized archives — more than 5,000 recordings, plus films, videos, photographs and manuscripts — with about 17,000 music tracks available for free streaming later this month.

You can get a taste of the archive now with "The Alan Lomax Collection From the American Folklife Center," compiled by former D.C. music mainstay Don Fleming. Sixteen folk songs from the U.S., North Africa, the Soviet Union and more — recorded between 1947 and 1982 — document Lomax's life in transit. Find it at Loc.gov/folklife/lomax.

Though Lomax died in 2002 at 87, his work will live forever online.



Read Christopher's previous columns at: expressnightout.com/soundbets

A Concealed Capital

Marcus Sakey looks into the unsavory side of Washington history on a new 'Hidden City'

Q&A

Tourism and crime don't normally go hand-in-hand, but Travel Channel's "Hidden City" merges them fairly effortlessly. Hosted by novelist Marcus Sakey, the one-hour series delves into the scandalous past of a different city every week, exposing unsavory histories to shed light on places' present-day characters. "Hidden City's" D.C. episode — which covers the tales of Marion Barry, FBI double agent Robert Hanssen and the 2002 sniper case — airs Tuesday at 10 p.m.

How do D.C. crimes compare to those of other cities?

They're a little bit different. Every city is kind of centered around its own vibe, and [D.C.'s] is politics. That's just the lifeblood of the place. I really enjoyed being able to cover the spy story [of FBI double agent Robert Hanssen, who was a spy for the Soviet Union and Russia from 1979 to 2001]. Hanssen had enormous international impact; the cost of the damage he did, they measured in the billions. Some of the information he gave up, used wrongly, could have led to World War III.

Covering the D.C. sniper case, did you feel like you were reopening any wounds by talking to people?

It was interesting to see that it was obviously still very fresh in peoples'



Crime novelist Marcus Sakey investigates Marion Barry and the D.C. snipers in a Washington-focused episode of "Hidden City."

"There's a universal dark side in us. We all wonder what we'd do in a bad situation, but we also all kind of play with what it would be like to be a bad guy. Exploring these stories lets you live a different life, and, really, frankly, understand people better. I feel like if you want to understand humanity, you look at the shadowy side."

— MARCUS SAKAY, THE HOST OF "HIDDEN CITY," ON THE ALLURE OF CRIME STORIES.

minds. It's something residents have not forgotten. It shook people because this is a center of government, right? This, of any place, should be safe and able to handle something like this, and yet two guys in a car were able to throw sand in the gears of civilization.

You also asked many people for their

opinions about Marion Barry. Did anything you heard surprise you?

I'm a novelist, so I love big characters, and you don't get bigger than Marion Barry. Fascinating guy. It was interesting to me to see the whole breadth of opinions on him. We shot in a dozen different locations to try and get different perspectives on him. It was interesting how

polarizing a figure he is. Even people who acknowledge that he screwed up still love the guy. Then there are people who find everything he did reprehensible and feel that his sins negate any good he did.

What do you think he represents to D.C.?

He represents D.C. enormously well, as a place of incredible promise that doesn't always achieve that promise. It's a place where we're shooting for the highest ideals, but it's people shooting for it. People have flaws, you know; people are messed up, and people sleep with the wrong people and do drugs and give in to their pride and ambition. And I think that's a really nice summation of the whole ideal that is D.C.

KATIE ABERBACH (EXPRESS)

37.6M

The number of viewers who tuned into "The Voice" after the Super Bowl on Sunday night. That makes the NBC singing competition the highest-rated non-sports telecast on any network in six years. By comparison, last year's post-Super Bowl broadcast of "Glee" on Fox drew 26.8 million viewers. (EXPRESS)

lookout entertainment

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1 Forever Funky

George Clinton may or may not know the location of the legendary "mother ship" that graced the stage at his Parliament Funkadelic shows back in the day. (It's possibly in the woods of Maryland. Or it returned to Mars.) But the legendary funkster definitely has love for "Chocolate City," a nickname he bestowed upon D.C. in his 1975 hit by the same name. **9:30 Club, 815 V St. NW; 7 p.m., \$45; 202-265-0930, 930.com. (U Street)**

2 The Sound Underground

The Exposed Music Festival tour prides itself on taking underground bands and making sure somebody somewhere has heard of them. Metal bands Society's Plague and Cause for Revelation headline shows across the country, with several local acts opening each night. Tonight's show will include performances by Boltz, Accidents and the Mesh. **Jammin' Java, 227 Maple Ave. E., Vienna; 7 p.m., \$12; 703-255-1566, Jamminjava.com.**

3 Dance Legacy

Robert Battle has big shoes to fill: He's only the third artistic director of the Alvin Ailey American

Dance Theater (one of the other two was Alvin Ailey), and this is his first year helming the athletic modern-dance company. The group will perform "Revelations" (featuring Constance Stamatiou, left) and other pieces in its shows this week. **Kennedy Center, 2700 F St. NW; through Sun., \$30-\$99; 202-467-4600, Kennedy-center.org. (Foggy Bottom)**



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TV tonight **lookout**

'The River' Runs Dark

Staged as reality, this new series delivers shocks and suspense

Premieres

ABC 9:00 Tuesday brings us the premiere of "The River." It's a stab at "Lost" by way of "Paranormal Activity" and "The Blair Witch Project."

"The River" kicks off with vintage clips of Dr. Emmet Cole (Bruce Greenwood), the host of the popular TV show "The Undiscovered Country." For decades, he and his family scoured the globe for obscure places and adventures. We see news footage about his disappearance in a remote spot on the Amazon. We're told his estranged wife (Leslie Hope) has gone to search for him with the help of a reality TV crew. Then we're told that "the following" consists of found footage, the remnants of their efforts.

That hook not only harkens back to "Blair Witch" but allows



Don't worry, these people on ABC's "The River" are trained actors. Or are they?

"The River" to unfold in disjointed fits and starts, as one ragged reel gives way to the next. It's a neat trick, playing on the idea that this is all unedited, when we all know that editors are the real, if unsung, stars of TV and — more to the point — reality TV production.

On "The River," the shocks come frequently. There are intimations of human possession, a creepy lair filled with hanging dolls, the

disappearance of a major character, a grave robbery and a symphony of eerie cries and whispers. And that's just during the pilot!

In fact, "The River" is so rich with sudden shocks that one has to wonder how long this can continue. It has all the makings of a very scary movie. But an episodic story that lasts several seasons? We'll just have to see.

KEVIN MCDONOUGH (UNIVERSAL UCLICK)

Best Bets

FOX 8:00



Glee Will has a Spanish-language assignment for the glee club and calls on his night-school teacher (guest star Ricky Martin, left) to help. Rachel tells Kurt and Mercedes about Finn's proposal, while Mercedes deals with complications in her own love life.

FOX 9:31

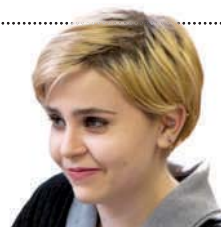
Raising Hope The stress of tax time causes Burt to make an uncomplimentary remark about Virginia's career. She reacts by starting a business telling people's fortunes with tarot cards. Jimmy nervously waits for Sabrina to decide whether to move to Africa with her boyfriend.

USA 10:00

White Collar Sparks fly when Neal is assigned to work with his ex-girlfriend Sara on the case of a valuable violin that's gone missing, and he gets a taste of an ideal life in New York.

NBC 10:00

Parenthood As Zoe's behavior has Joel and Julia questioning their adoption agreement, an engagement party gets Mark and Sarah talking about babies. Amber (Mae Whitman, right) second-guesses her qualifications after being promoted at work. (TRIBUNE MEDIA)



Milestones

The Past Returns

Landmark events are a good time to take stock, and that's what happens to Gibbs (Mark Harmon, below) on the 200th episode of "NCIS" (8 p.m., CBS). An encounter with a gunman during his morning coffee stop has him questioning the choices he's made in his life. This scenario provides a platform for return visits by Ralph Waite as Gibbs' father, Darby Stanchfield as his late first wife, and others.

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NEWS

Planned Parenthood Opens \$8 Billion Abortionplex

By [Name] | 1/10/12 | ISSUE 4740 ISSUE 4740



ABORTIONS
8,304,302 TERMINATED

The state-of-the-art facility, which features an 80,000-sq-ft space for both an abortion facility and a women's center, is located in the nation's heartland. Planned Parenthood announced Tuesday the grand opening of its long-planned \$8 billion Abortionplex, a sprawling abortion facility that will allow the organization to terminate unborn lives with an efficiency never before thought possible.

During a press conference, Planned Parenthood president Cecile Richards told reporters that the new state-of-the-art fetus-killing facility located in the nation's heartland offers quick, easy, in-and-out abortions to all women, and represents a bold recommitment of the group's long-standing mission and values.

ARTICLE TOOLS

Tweet 6,381

Like 89k

79

25 Email



- ▲

“The Facebook post has now been deleted, but it’s still an embarrassing gaffe by someone who supposedly has a say in our government. These out-of-touch people run our country? Great.”

—CASEY CHAN at Gizmodo.com couldn’t believe that John Fleming, a Republican U.S. representative from Louisiana, would post a satirical piece from the Onion about Planned Parenthood’s “long-planned \$8 billion Abortionplex.”
- ▲

“You know, the Redskins suck. I’m tired of watching everyone else in the Superbowl. Ain’t been right since they left DC. #dciswhereskinsbelong”

—@MARIONBARRYJR, the Ward 8 D.C. Council member, tweeted his frustrations after Super Bowl XLVI, in which the Giants beat the Patriots, 21-17.
- ▲

“Is ‘Jersey Shore’ headed to South Boston? Well, kind of. ... Sadly, Mark Wahlberg is not attached to the project.”

—CRYSTAL BELL at Huffington-post.com is intrigued by a new reality series starting on TLC called “Southie Pride,” which follows five women living in South Boston.
- ▲

“I can’t help but feel that ‘Breast Cancer Awareness’ as its own endpoint has reached the point of cultural saturation. If ‘awareness’ continues to be a paramount goal of large breast cancer charities, millions of women will be hurt as a result.”

—NATALIE SHURE at Broadsof thebeltway.com doesn’t think that “an inundation of awareness is eternally positively correlated with progress against the disease.”
- ▲

“Someone tweeted to me that Iverson’s the basketball Kenny Powers. I laughed and cried simultaneously.”

—@MARCEL_MUTONI reacts to news that former NBA star Allen Iverson might play in Puerto Rico’s professional basketball league.



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For complete outline and schedule, visit our website at techadvance.gmu.edu

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puzzles lookout

Horoscope

AQUARIUS (Jan. 20-Feb. 18) You will want to spend more time than usual around the home today — but it's not likely to be leisure time, is it?

PISCES (Feb. 19-March 20) Trying to tackle too many tasks at once can only get you in a bind — especially when you have only limited resources at your disposal.

ARIES (March 21-April 19) You may be taking someone else for granted — but today, he or she is almost sure to let you know that something is wrong.

TAURUS (April 20-May 20) You may find yourself thinking again and again of someone who only recently got under your skin in some way. Make contact!

GEMINI (May 21-June 20) You may feel as though certain key issues are shrouded in mystery, but in fact it's your own perspective that is cloudy.

CANCER (June 21-July 22) Energy is high today, but you may not know just what to do with it at every juncture. Trust a friend to let you know what is possible.

LEO (July 23-Aug. 22) You want a bit more creative release than you have been getting lately, and this may take a little imaginative thinking on your part.

VIRGO (Aug. 23-Sept. 22) A difference of opinion is likely to highlight the fundamental conflict between you and someone you've known for quite some time.

LIBRA (Sept. 23-Oct. 22) You are eager to please those in authority today, but you must acknowledge that there are some things that you cannot and will not do.

SCORPIO (Oct. 23-Nov. 21) It's a good day to make clear your position on certain issues. Independent thinking will make all the difference at this time.

SAGITTARIUS (Nov. 22-Dec. 21) Once you've made a start, you'll find that progress comes swiftly today — but taking those first few steps may be tricky.

CAPRICORN (Dec. 22-Jan. 19) You may not understand what is happening, but you will certainly want to keep up with all developments.

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 236

A ₁	E ₁	O ₁	R ₁	H ₄	N ₁	T ₁

--

 RACK 1

A ₁	E ₁	L ₁	T ₁	T ₁	G ₂	S ₁

2nd Letter Double

--

 RACK 2

E ₁	E ₁	I ₁	J ₈	C ₃	D ₂	T ₁

--

 RACK 3

A ₁	E ₁	I ₁	V ₄	L ₁	N ₁	J ₈

Triple Word Score

--

 RACK 4

Yesterday's Solution

H ₄	E ₁	X ₈	A ₁	G ₂	O ₁	N ₁
B ₃	Y ₄	N ₁	A ₁	M ₃	E ₁	
A ₁	N ₁	Y ₄	M ₃	O ₁	R ₁	E ₁
I ₁	N ₁	E ₁	R ₁	T ₁	I ₁	A ₁

 PAR SCORE 145-155

 RACK 1 = 104
 RACK 2 = 13
 RACK 3 = 66
 RACK 4 = 57
 TOTAL 240

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

		6	3	5	4			2
	9				2	5		
		5	1	8		6		3
	1	8			5			7
9	6		8	3	7		5	1
5			2			9	4	
6		1		2	8	4		
		2	9				1	
3			7	1	6	8		

Yesterday's Solution

2	3	4	8	5	9	1	7	6
6	1	7	3	2	4	8	9	5
9	8	5	1	7	6	4	3	2
5	6	2	7	8	3	9	4	1
4	9	3	2	6	1	5	8	7
1	7	8	9	4	5	2	6	3
3	5	9	6	1	8	7	2	4
7	4	6	5	9	2	3	1	8
8	2	1	4	3	7	6	5	9

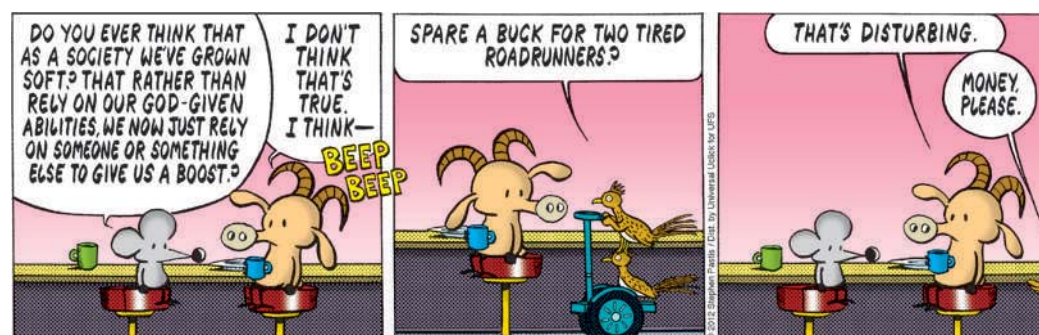
Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

58 | **36**

Today: Sunny to partly cloudy and mild today. Partly cloudy tonight.

48 | **33**

Tomorrow: Cooler tomorrow with a shower in spots. Partly cloudy tomorrow night.

Looking Ahead

THU **50** | **34** **FRI** **51** | **31** **SAT** **38** | **22**

Sun and Moon

Sunrise today: 7:09 a.m.
Sunset today: 5:36 p.m.
Moonrise today: 5:45 p.m.
Moonset today: 6:37 a.m.

Almanac

Normal high: 45
Record high: 74
Normal low: 30
Record low: 1

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lookout puzzles

Crossword

TOP RANK

ACROSS

- 1 Sign on a staff
- 5 Pro ____ (proportionally)
- 9 Role model?
- 14 Omani's currency
- 15 Grand in scale
- 16 City in central Utah
- 17 Field measure
- 18 Retina receptor
- 19 Mountain cats
- 20 Association of military brass?
- 23 Like a hard-to-fill order
- 24 Picked-up item
- 25 Handle clumsily
- 28 Act mawkishly
- 31 Org. in "Burn After Reading"
- 34 Plumed avian in Florida
- 36 Fleming or McEwan
- 37 "Friends" character
- 38 "Keep Out!" follower
- 42 Best of the Beatles
- 43 State of rage
- 44 Orchard fruit
- 45 Si or oui
- 46 Certain railroad worker
- 49 It's all love at the start
- 50 Driving need
- 51 Hieroglyphic bird
- 53 Entertainment draw
- 61 Czar's decree
- 62 Mature male red deer
- 63 Wanton once-over
- 64 Cat's nine
- 65 Burn-soothing plant
- 66 Shad delicacies
- 67 Establish as law
- 68 Uncool student
- 69 Winged god of love

DOWN

- 1 Rugged rock
- 2 They cause head-scratching?
- 3 Deserve
- 4 Admiral's charge
- 5 Detroit headache
- 6 Historic Harlem theater
- 7 "30 Rock" first name
- 8 Gets an A+
- 9 Become visible
- 10 Bit on a fairy-tale trail
- 11 Pyramid, to a pharaoh
- 12 Not quite round
- 13 Cheerful
- 21 Dreadlocked Jamaican, for short
- 22 One subject to a dictator?
- 25 High-spirited
- 26 Find common ground
- 27 Court orders
- 29 Two-footed animal
- 30 Grill's go-with
- 31 Marine body
- 32 Cordage fiber

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20					21					22				
			23							24				
25	26	27		28			29	30				31	32	33
34			35				36				37			
38					39	40				41				
42					43					44				
45				46				47	48			49		
			50					51			52			
53	54	55					56	57				58	59	60
61							62				63			
64							65				66			
67							68				69			

EDITED BY TIMOTHY E. PARKER

- 33 Up to the present time
- 35 First fruit-picker
- 37 Street cred
- 39 Princess topper
- 40 Make a faux pas
- 41 Lose one's cool
- 46 Most dexterous
- 47 "Snow White" fairness judge
- 48 Diminished
- 50 Sine's reciprocal, in trig.
- 52 Shopaholic's haunt
- 53 Symbol of stubbornness
- 54 Similar in nature
- 55 Coffee, in slang
- 56 Word used in many comparisons
- 57 Old wives' production
- 58 "Young Frankenstein" assistant
- 59 Yellow spread
- 60 Crimefighter of early '60s TV

Yesterday's Solution

1	2	3	4	5	6	7	8	9	10	11	12	13
S	K	A	T	P	A	T	E	A	R	U	B	A
L	E	V	I	A	B	E	D	N	I	S	A	N
U	P	O	N	Y	A	N	G	E	V	E	R	Y
23	R	I	N	S	E	O	F	D	E	M	A	R
25	M	E	L	T	O	I	L					
26	L	M	I	R	A	38	S	K	U	A	31	U
32	C	O	A	T	I	34	O	P	E	N	37	F
36	L	A	T	H	E	R	D	A	Y	S	38	A
42	A	C	T	S	43	H	O	R	S	41	D	R
42	T	H	E	44	W	O	R	K	45	B	L	E
51	W	A	S	H	B	49	S	K	U	A	52	U
54	L	A	N	A	I	50	A	L	O	E	51	I
57	A	D	O	R	N	53	S	M	U	G	56	E
60	D	E	N	S	54	T	A	P	A	55	S	M

Today in History

1857 A French court acquits author Gustave Flaubert of obscenity for his serialized novel "Madame Bovary."

1943 The U.S. government announces the start of shoe rationing, limiting consumers to buying three pairs per person for the remainder of the year.

1962 President John F. Kennedy imposes a full trade embargo on Cuba.

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Published by Express Publications LLC
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A Subsidiary of The Washington Post Co.

Editorial: 202-334-6800
Fax: 202-334-9777
Circulation: 202-334-6992
Advertising: 202-334-6732
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Classifieds: 202-334-6200

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people **lookout****NONSENSE****Source Fails to Say What A 'Hydraulic Yoga Mat' IS**

A source in Indianapolis says Madonna had a "hydraulic yoga mat" installed in her suite at the Marriott. The platform, installed specifically for her, went up to the ceiling. Madonna stayed there for a week before the Super Bowl, with a yoga teacher on site with her. She also, at one point, may have eaten Papa John's pizza. (EXPRESS)

GRATUITOUS**You Don't Have Movies Out. Now You're Just Bragging.**

Angelina Jolie, who once wore a vial of then-husband Billy Bob Thornton's blood around her neck, still has a dark side, Brad Pitt said on "CBS This Morning" Monday. "She's still a bad girl. ... Delightfully so. It's not for public consumption." Jolie told "60 Minutes" recently that she doesn't show that side of herself to the public, because it "belongs to Brad." (EXPRESS)



KEVORK DJANSEZIAN/GETTY IMAGES

Shiloh was so proud of the haircut she gave Daddy. He couldn't let her down.

Crime**Is That Smile (?) Meant to Be Sexy?**

Randy Travis has apologized after being arrested on a charge of public intoxication outside a Sanger, Texas, church. Police arrested Travis early Monday after spotting a vehicle parked in front of a church and finding an open bottle of wine and Travis smelling of alcohol. (AP)

**WELCOME, NEWS FODDER****Tebow Finally Makes It Onto People Page**

"Dancing With the Stars" winner J.R. Martinez says Tim Tebow indicated mild interest in being on "DWTS." Martinez told Celebuzz.com: "I actually did come across Tim Tebow, and we chatted about ['DWTS'] for a second. I thought he'd do pretty well on the show!" Martinez continued: "He said, 'Maybe in a year.' ... That's pretty much what he said." (EXPRESS)

"This year I have a talent crush on Ryan Gosling. He seems smart. If I was gay, I would go for a smart man."



— DANIEL RADCLIFFE DIDN'T QUITE TELL ATTITUDE MAGAZINE, "IF I WERE GAY, I WOULD DATE RYAN GOSLING." HE WENT ABOUT IT MORE ELLIPTICALLY.

**JOURNALISM FOOD CHAIN****Couponcabin.com Blog, E! Online, Washington Post**

Kate Gosselin's only Valentine's Day date is with her children, she wrote on her Couponcabin.com blog, according to E! Online. "My date is with my 8. They own MY heart!" She says she'll theme their V-Day meals: "I have made heart-shaped pancakes, sandwiches and hamburgers!" This year: "heart-shaped muffins for breakfast, heart-shaped peanut butter crackers for lunch and heart-shaped pasta for dinner!" (EXPRESS)

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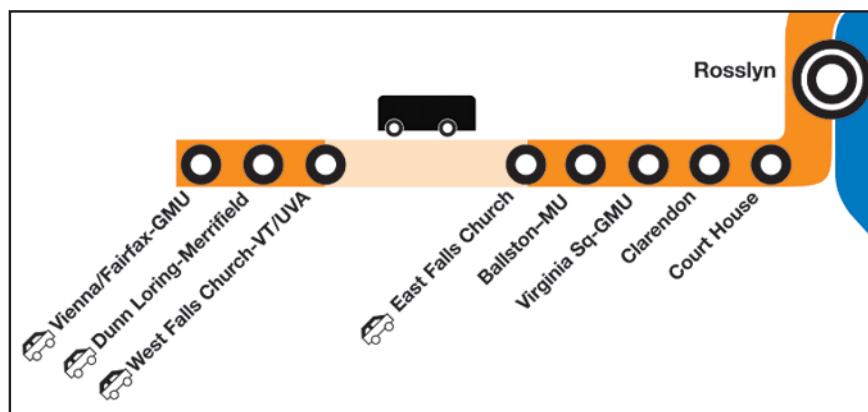
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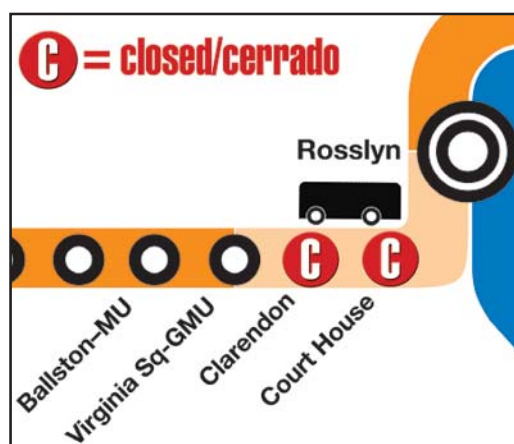
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Weekend Track Work



From Friday, February 10 at 10 p.m. to Sunday, February 12 at closing: Buses replace trains on the Orange Line between East Falls Church and West Falls Church stations.

Temporarily suspending train service is necessary while Metro installs switches for the Dulles extension and replaces ties and rails.

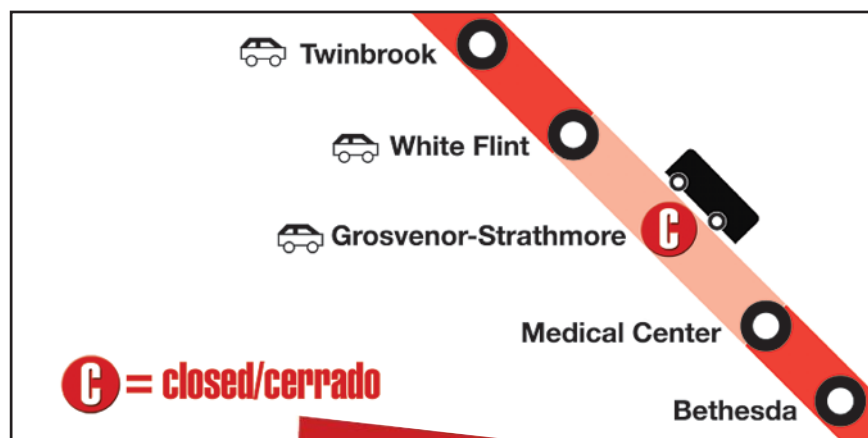


From Friday, February 17 at 10 p.m. to Monday, February 20 at closing: Buses replace trains on the Orange Line between Rosslyn and Virginia Square stations. Buses replace trains on the Red Line between Medical Center and White Flint stations.

Temporarily closing stations and suspending train service is necessary while Metro installs guarded #8 switches and replaces track circuit modules per NTSB recommendations, rehabilitates track and performs cable work.

To get last train times for specific stations, or for information about shuttle bus service, parking and alternate routes, please visit **MetroForward.com** or call 202-637-7000.

Track work projects like this are part of Metro's commitment to building a better ride for you.



RED LINE ALERT:
Dupont Circle station's
south entrance is closed
for escalator replacement.
For details, visit
wmata.com/dupont.

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